National Child Care Information Center
A service of the Child Care Bureau

10530 Rosehaven Street, Suite 400
Fairfax, Virginia 22030
Phone: (800) 616-2242 Fax: (800) 716-2242 TTY: (800) 516-2242
World Wide Web: http://nccic.org

HELPING CHILDREN COPE with NATURAL DISASTERS

Natural disasters such as hurricanes can leave children of all ages feeling confused and scared. Whether children have personally experienced trauma or have merely seen the event on television or heard it discussed by adults, they struggle to make sense of what they are seeing and hearing. It is important for parents, caregivers, and teachers to help children make sense of what is happening. Adults also need to be informed and ready to help if reactions to stress begin to occur. The following organizations have resources that may be useful to parents, caregivers, teachers, and administrators as they help children and youth deal with stress related to natural disasters.

About Our Kids.org, a project of the **New York University (NYU) Child Study Center**, has prepared *AboutOurKids Resources for Helping Children Cope with Trauma and Death*. These resources are available on the Web at http://aboutourkids.org/articles/crisis_index.html.

American Academy of Child and Adolescent Psychiatry (AACAP) has prepared *Disaster Response: Facts for Families*. These resources are available in English and Spanish on the Web at http://www.aacap.org/publications/DisasterResponse.

American Academy of Pediatrics (AAP) has prepared *Children, Terrorism and Disasters*. This resource is available on the Web at http://www.aap.org/terrorism/index.html.

American Psychological Association (APA) has information on *Reactions and Guidelines for Children Following Trauma/Disaster* to help parents and teachers of kindergarten and elementary school children. This resource is available on the Web at http://www.apa.org/practice/ptguidelines.html.

The Center for Mental Health Services (CMHS), a component of Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services, has a Web site titled Managing Anxiety in Times of Crisis. This Web page is available on the Web at http://www.mentalhealth.org/cmhs/childrenanxiety/default.asp.

Children's National Medical Center: The International Center To Heal Our Children: Building Healthy Minds and Futures has prepared *The Handbook of Frequently Asked Questions Following Traumatic Events: Violence, Disasters, and Terrorism* (2002), which is available in English and Spanish. This resource and additional information are available on the Web at
http://www.dcchildrens.com/dcchildrens/about/subclinical/subneuroscience/ichoc_resources.aspx.

Connect for Kids provides two compilations of resources. *Helping Kids Cope With Trauma* and *Help with the Healing* are available on the Web at http://www.connectforkids.org/node/392.

ERIC Clearinghouse on Elementary and Early Childhood Education (ERIC/EECE) prepared "Stress and Young Children" (December 2002), an *ERIC Digest* by Jan Jewett and Karen Peterson. This resource is available on the Web at http://ceep.crc.uiuc.edu/eecearchive/digests/2002/jewett02.pdf.

Family and Work Institute produced *Coping and Contributing in the Aftermath of Crisis, Tragedy and Trauma; An Educator's Guide* (2002). This resource is available on the Web at http://www.familiesandwork.org/summary/ste.pdf.

National Association for the Education of Young Children (NAEYC) has prepared a Web page, Helping Young Children after a Disaster. This Web page is available at http://www.naeyc.org/families/disaster.asp.

National Association of School Psychologists (NASP) has prepared *Coping with a National Tragedy*. Resources, including translations of selected resources into several languages, are available on the Web at http://www.nasponline.org/NEAT/crisis_0911.html.

National Black Child Development Institute (NBCDI) and the **National Institute of Child Health and Human Development (NICHD)** have jointly prepared *Helping Children Cope with Crisis: An Activity Book for African American Families*. This resource is available on the Web at http://www.nichd.nih.gov/publications/pubs/hccc/helping_children.htm.

National Institute of Mental Health (NIMH) developed *Fact Sheet: Helping Children and Adolescents Cope with Violence and Disasters* (October 2001). This resource is available on the Web at http://www.nimh.nih.gov/publicat/violence.cfm.

National Network for Child Care (NNCC) has prepared resources on *Stressful Life Events*, which includes articles in both English and Spanish. This resource is available on the Web at http://cyfernet.ces.ncsu.edu/cyfdb/browse_3.php?cat_id=507&category_name=Stressful+Life+Events&search=NNCC&search_type=browse.

The National Child Care Information Center does not endorse any organization, publication, or resource.